

SMALL-TOWN WOMAN WINS OUT SOMETIMES, RACING CITY SISTER

Things Happen in the Little Cities—Away From the Buzz of the Machinery a Great Deal of Vision Is Born

THE woman who moved in the vacant house on our square came from a small town. Not that she looked it! Women from small towns are notorious for being well-dressed—carefully dressed. The city sisters made their decision on general principle. It was after she had gone home from the first card party that they noticed she had small-town ideas.

Small-town ideas! What did it mean? Did they know? I asked them. The final verdict was that there was a big-city way of looking at things and a little-city way. It seems if you come from a small town your opinions showed it.

Small-town ideas! I wonder how many big-city women know how much they are saying when they talk about them. Men know, because so often a small-town idea comes in an office and revolutionizes the whole workings of it. Then, too, men get into the habit of addressing letters to little cities with million-dollar plants tucked away in them. But women in their homes don't have this chance.

There is a big-city way of looking at things. The women on our square were right. We look and look, but so often our lives are treading on each other's that we can't see "for looking." I marvel at the clear vision of small-town people. Perhaps they have it because they have more time to think. Sometimes, if you are visiting outside of a big city, make it your business to listen to a group of men or women discussing the war or some big world problem. You will be surprised to see how much you can learn from them.

It is probably the ability to get away from the buzz of the machinery for a while that enables small-town persons to do so many really big things. They do them, you know. Some time count up the books and the inventions that have had their birth where their city strife is not. See what you find. And when persons who were born and raised to look at things in the little-city way come to the big city, they seem to have something on the rest of us who were born among the smokestacks. Here's something to count, too: the persons you know who are doing worth-while things in the big cities who first saw the light of day in a little one.

All in all, the small town seems to hold its own.

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AT EIGHTY-THREE WOMAN WHO HELPED CIVIL WAR SOLDIERS IS KNITTING FOR RED CROSS

Practical Patriotism Is Motto of Mrs. Mary Kaforth Regar in Life's Eventide

Great-Grandfathers Won Fame in the American Revolution for Independence

TO SIT in the grand sunset of old age, knitting your very fingers off for the great world war and to look back at the same moment or a leadership in woman's relief work in our Civil War days is not the privilege of many women.

Add to this the fact that a great-grandfather on one side saw service with George Washington and that the other was a general of Revolutionary fame, and you will understand why Mrs. Mary Kaforth Regar feels that America really belongs to her.

Mrs. Regar, who lives with her daughter, Mrs. John Glass, at 1815 North Thirtieth street, is eighty-three years old. You hesitate to say that word old as you watch her deftly ply the needles. One-two-three-four-five sets of needles and she has knit a pair of socks in the trenches.

As she knits this dainty old lady who comes from fighting American stock tells many interesting things. There was, for instance, the military hospital at Marshall and Master streets that took care of the soldier boys back in those Civil War days. This the government had converted from the old main house into a hospital.

It was here Mrs. Regar at the head of a band of women worked valiantly just as our American women are doing in hospitals abroad in these days. She was chairman of the Neighborhood Community League, the official relief organ attached to the hospital. This woman, who composed it also collected lint, used then in treating wounds, and made bandages.

Mrs. Regar realizes what war means. Those who know her best will tell you of those two famous fighting ancestors who set the pace for their posterity. It was David Biddleford, her maternal great-grandfather, who saw service from 1776 until 1780 under George Washington. It was General Kibb, her great-grandfather on the paternal side, who won fame in Revolutionary times. He was seriously wounded in the Battle of Monmouth and went through privations during that memorable year at Valley Forge.

But Mrs. Regar dates her American history back even further than this one of her great-grandfathers. She is descended from a family of hardy pioneers, settled and founded Reamstown in 1772.

Mrs. Regar was born on March 21, 1835, at Brownstown, Lancaster County, Pa., later moving to Centre Square. In 1854 she married George Kepinger Regar, also a descendant of the early settlers who fought in the Revolution. Although she was left a widow at the early age of thirty, Mrs. Regar had five children:

By Horace K. George H. Mary Ida (deceased) her only daughter, with whom she now resides; Howard K. and Newton K.; six grandchildren and five great-grandchildren. Only one of this number has died, Dr. Horace K., who died recently at the age of sixty-three. Of her four male grandchildren, three have seen military service and one, Gordon Regar, is at present a lieutenant in the National Army.

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MRS. MARY KAFORTH REGAR

FOOD VALUE OF PINE NUTS

Advice on preventive medicine will be given by Dr. Kellogg in his lecture on "The Food Value of Pine Nuts," which will be given at the University of Pennsylvania on Friday, Feb. 8, at 8 o'clock.

By J. H. KELLOGG, M. D., LL. D. WHAT are pine nuts? Where do they grow? What is their food value?

These are natural questions that one frequently hears asked about pine nuts. More than twenty different kinds of pine nuts are known, varying much in size. Some are not much larger than a plum, while others are as large as a walnut. The largest, which grows in South America, are as large as a nut. The pine nut grows abundantly on the western slope of the Rocky Mountains. Thousands of square miles are covered with this hardy tree. Most of the pine nuts used in this country are imported from Italy and Spain. In the fall they can be bought in the shell in sacks in some markets of New Mexico. The pine nut is one of the most highly concentrated of all foodstuffs. A pound of pine nuts has a nutritive value of nearly 5000 calories, equal in food value to four pounds of beefsteak or two and one-half pounds of bread.

QUESTIONS AND ANSWERS Sulphur

Is sulphur a good blood purifier? J. T. No. The blood cannot be purified by taking drugs of any sort. The only way to purify the blood is to keep the body in a correct diet and care to secure frequent and thorough evacuations of the bowels.

Ulcers of the Stomach

Are ulcers of the stomach and duodenum curable? It is generally held that ulcers of the stomach and duodenum are curable. In fact, the fact that scars left by healed ulcers are often found in the stomach and duodenum after death. Numerous cases are on record also in which patients who have suffered from severe gastric ulcer have recovered permanently. Whether ulcers are curable by the application of proper means.

First. The patient must rest in bed or in a horizontal position from one to three weeks.

Second. All food should be withdrawn for two or three days, sometimes even longer when severe hemorrhages have occurred.

Third. If the secretion of acid continues, although food is not given, as shown by pain or other symptoms indicative of the presence of acid, carbonate of soda should be given in sufficient quantity to neutralize the acid. When the acid is completely neutralized, the pain will usually cease.

Fourth. After two or three days of absolute rest, small quantities of bland food are given. The amount of food is increased from day to day, and as the quantity is increased the interval between feedings is lengthened.

Fifth. Olive oil and perfectly fresh sterilized and unacidulated butter are used in large quantities as the patient is capable of bearing as a means of preventing the formation of gastric acid.

Sixth. Salt is excluded from the diet.

Seventh. Liquids are taken only in very small quantities, a few sips at a time. When a tumbler or more of water is taken the effect is to cause the stomach to pour out a quantity of acid, hence large quantities of liquids must be avoided.

Eighth. Care must be taken to move the bowels three times a day. Bowel

Editorials for Women by Women

MAKE SAFE LIVES OF FUTURE CITIZENS By ELIZABETH G. KRUSEN

Chairman Philadelphia Committee on Child Welfare, Council of National Defense

MAKE the world safe for democracy! Yes, but make safe, too, the lives of the future citizens of that world.

The Council of National Defense realizes that fathers will have sacrificed their lives in vain if their children whom they have behind die from disease caused by neglect, ignorance

or insanity surroundings. Already we can number among the casualties of war eleven babies out of every thousand born in Philadelphia, because the death rate increased last year among infants from one hundred to one hundred and eleven per thousand, and the causes are traceable directly to the war.

These causes have been claimed to be high cost of food, particularly milk and eggs; insufficient fuel, absence of the father, necessitating the entrance of mothers of young children into industrial life, and a very marked diminution of contributions to the regular charities that have done so much in the past to teach the ignorant, aid the needy and prevent the spread of infectious diseases.

A united effort is being made in Philadelphia to co-ordinate the work of the agencies interested in the vital problem of child welfare. Philadelphia has many such agencies, the Child Hygiene of the city Health Department, the Visiting Nurse Society and the Babies' Welfare Association in particular, besides the women's clubs, the churches, the fraternal organizations and other societies that are interested in this fundamental problem.

We cannot too soon start a campaign in which all our people will get together in an effort to lower our infant mortality to somewhere near that of New Zealand, the best in the world, which is but thirty-eight per thousand children born who die during the first year of life.

The most important factor in child conservation is the trained nurse employed by the city or by private charities to visit the homes of the ignorant and poor. They instruct, stimulate to effort and encourage the foreign-born and illiterate, besides rendering professional aid. Volunteers are needed to work with the visiting nurse, to distribute literature in various languages, to arrange for properly qualified speakers to address receptive audiences, to direct needy cases to the proper relief stations and to respond in cases of emergency; to take up, in short, in a small way adjunct work to the health centers and the hospital social service.

When the hot summer days return it is anticipated that these war evils, already felt, will increase in volume and intensity. Let us give NOW time, strength, thought and money to stemming the tide of ill that confronts our little ones.

Every intelligent man or woman should belong to some organization that is interested in child welfare and should see to it that his society is linked up to a central system that will prevent waste of energy and repetition of some activities to the detriment of others. The need of interest in this work cannot be too strongly emphasized. Only by concerted effort will the next generation be well and strong to enjoy democracy.



ELIZABETH G. KRUSEN

Do It for His Sake

"SAVE SOME FOR ME," says the man who is fighting for you. PORK is one of the things he means.

When you go to market today to buy for tomorrow remember this man.

TOMORROW IS PORKLESS DAY!

Observe it for his sake.

Tomorrow's War Menu

- BREAKFAST: Oatmeal, Currant Jelly, Toast. LUNCHEON (Meatless): Cottage Cheese and Peanut Butter, Apple Sauce, Oatmeal Cookies, Cocoa. DINNER (Meatless): Kidney Stew With Potatoes, Mashed Turnips, Corn Bread, Beet salad, Apple pudding. COTTAGE CHEESE AND PEANUT BUTTER ROAST: Two tablespoons chopped onion, one tablespoonful oregano, one cupful cottage cheese, one cupful chopped peanuts, one cupful bread crumbs, juice of one-half lemon, salt and pepper. Cook the onion in the oregano and add a little water until tender. Mix the other ingredients and moisten with the water in which the onion has been cooked. Pour into a shallow baking dish and brown in the oven—United States Food Administration.

Quick Relief for Strains and Sprains

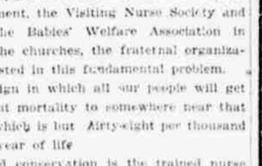
These are usually stubborn injuries requiring numerous applications of highly penetrative liniments before relief is felt. Often the tendon or ligament affected is deep-seated and slow to answer to treatment.

Glyco-Iodine (VAN DYKE)

goes right to the seat of trouble as soon as applied. It quickly relieves pain, reduces swelling and strengthens injured tissues. It never blisters. Glyco-Iodine contains none of the poisonous compounds found in ordinary Tincture of Iodine, but all its highly curative qualities have been retained. It never fails to give relief even in the most stubborn cases.

Glyco-Iodine is pleasing to use; quickly absorbed and leaves no permanent stain. It never stains or destroys linen; all indications are easily removed through ordinary washing.

Make your intentions good. Buy a bottle today. Your druggist sells Glyco-Iodine in two sizes: 4 oz. \$1.00, 2 oz. 60c. Each bottle hermetically sealed assuring full quality and quality.



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The Union League extends its sympathy to the boys in the trenches and every possible way.

Pop Corn Candy

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Either honey, maple syrup, molasses or cane syrup or corn syrup may be used.

Food Value of the Banana

What is the food value of the banana? MRS. BLANCKENHORN

Recent studies of the banana show that it is an exceedingly valuable food stuff. Care must be taken, however, to see that the fruit is thoroughly ripened. Bananas are always picked green. Recent analyses made by A. H. Thompson show that the green banana contains about 20 per cent of starch, whereas the ripe banana contains virtually no starch at all. The starch having been converted into sugar by the ripening process. When half ripe the banana is slightly acid. This slight acidity slightly stimulates the stomach and is a desirable feature. The thoroughly ripened banana contains only 3 per cent of insoluble material (cellulose) other than starch or sugar are found in the banana in only very small amounts.

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Food Value of the Banana

What is the food value of the banana? MRS. BLANCKENHORN

Recent studies of the banana show that it is an exceedingly valuable food stuff. Care must be taken, however, to see that the fruit is thoroughly ripened. Bananas are always picked green. Recent analyses made by A. H. Thompson show that the green banana contains about 20 per cent of starch, whereas the ripe banana contains virtually no starch at all. The starch having been converted into sugar by the ripening process. When half ripe the banana is slightly acid. This slight acidity slightly stimulates the stomach and is a desirable feature. The thoroughly ripened banana contains only 3 per cent of insoluble material (cellulose) other than starch or sugar are